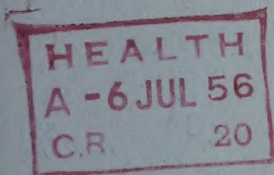


RURAL DISTRICT COUNCIL

OF

TREGARON
CARDIGANSHIRE.



PUBLIC HEALTH DEPARTMENT

ANNUAL REPORT

1955



MEDICAL OFFICER OF HEALTH:

I. Morgan Watkin, Ph.D. (Lond.); M.Sc., M.B.,
B.Ch., D.P.H. (Wales)

SANITARY INSPECTOR AND SURVEYOR:

B. W. James, A.R.San.I., M.S.I.A.

TREGARON RURAL DISTRICT COUNCIL

Chairman

1954/55

Councillor John Thomas

Chairman

1955/56

Councillor E. J. Evans

18 members including the chairman.

Public health matters are considered by the whole Council.

Clerk of the Council:- Elwyn Howells, Esq.,

Council Offices,

Tregaron.

Telephone Number - Tregaron 248.

THE NEW YORK PUBLIC LIBRARY

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has been established in the city of New York.

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Library of the City of New York

To the Chairman and Members of the
Tregaron Rural District Council.

P R E F A C E

The present Annual Report will be the fifth which I have had pleasure in presenting to you. It will unfortunately also be my last. Looking back over the last five years, I am glad to note that there has been no serious outbreak of disease in the Rural District and I sincerely hope that my successor will be able to make an equally favourable comment five years hence.

During the year which ended on December 31st, 1955, one of the periodically recurring outbreaks of measles attacked the younger generation in the area and twenty five cases were notified. No other case of infectious disease other than tuberculosis was notified during the year.

The number of registered deaths was ninety one as compared with eighty one in the previous year. Heart disease accounted for forty five deaths, cancer for sixteen and vascular lesions of the nervous system (strokes) for eight. There were two fatal accidents one of which involved a motor vehicle. No mother died in childbirth.

The number of registered births was sixty - six more than in 1954. Two of these were illegitimate. There were three stillbirths. For the second year in succession I am very glad to note that there has not been a single death of an infant under one year.

An interesting case was investigated during the year. A young lady was admitted to Aberystwyth Hospital suffering from suspected acute appendicitis. The surgeon was not satisfied with the diagnosis and requested a blood count. This showed the changes consistent with lead poisoning. Investigation of the

water supply at the young lady's home, at the place where she slept with a relative and at her place of work was carried out. The water supply at the house where she slept was found to contain twenty times the toxic dose of lead. Furthermore, it was ascertained that the young lady drank several glasses of water in the morning before going to work. Suitable advice was given to the patient and to the occupier of the house in question. The young lady was discharged from hospital cured and with her appendix intact!

A more detailed account of the work of the department will be found in the ensuing pages. They include a separate section prepared by Mr. B. W. James, the Sanitary Inspector.

SUMMARY OF GENERAL STATISTICS

Area (in acres)	121,546
Population (Census 1951)	5,450
Population (Registrar General's Mid-Year 1955) ..	5,210
Rateable Value at 1st April, 1955	£8,874
Rateable Value at 1st April, 1956	£23,533
Sum represented by a penny rate at 1st April, 1955	£34
Estimated sum to be obtained by a penny rate at 1st April, 1956 ...	£88

SUMMARY OF VITAL STATISTICS

					<u>Total</u>	<u>Male</u>	<u>Female</u>
Number of registered live births	Leg:	58	27	31			
	Illeg:	2	1	1			
Number of registered still births	Leg:	3	-	3			
	Illeg:	-	-	-			
Number of deaths of infants under 1 year..	Leg:	-	-	-			
	Illeg:	-	-	-			
Number of deaths of infants under 4 weeks	Leg:	-	-	-			
	Illeg:	-	-	-			
Number of deaths of women ascribed to childbirth		Nil					
Number of registered deaths...		91	48	43			
Areal comparability factor for births		1.19					
Areal comparability factor for deaths		0.78					

Summary of General Statistics

Area (in acres)	121,238
Population (Census 1921)	5,430
Population (Registrar-General's 1924-Year 1925)	5,210
Estimated Value of Land Held, 1924	22,874
Estimated Value of Land Held, 1925	22,132
Area represented by a group under the land held, 1924	134
Estimated area to be obtained by a group under the land held, 1925	128

Summary of Vital Statistics

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CAUSES OF DEATH

Registrar General's

Code Number

Cause of Death

Number of deaths
Male Female Total

1	Tuberculosis, respiratory.....	-	-	-
2	Tuberculosis, other.....	1	-	1
3	Syphilitic disease.....	-	-	-
4	Diphtheria.....	-	-	-
5	Whooping Cough.....	-	-	-
6	Meningococcal infections.....	-	-	-
7	Acute poliomyelitis.....	-	-	-
8	Measles.....	-	-	-
9	Other infective and parasitic diseases....	-	-	-
10	Malignant neoplasm, stomach.....	1	2	3
11	Malignant neoplasm, lung, bronchus.....	-	-	-
12	Malignant neoplasm, breast.....	-	2	2
13	Malignant neoplasm, uterus.....	-	-	-
14	Other malignant and lymphatic neoplasms...	5	6	11
15	Leukaemia, aleukaemia.....	-	-	-
16	Diabetes.....	-	-	-
17	Vascular lesions of nervous system.....	4	4	8
18	Coronary disease, angina.....	8	3	11
19	Hypertension with heart disease.....	-	-	-
20	Other heart disease.....	12	22	34
21	Other circulatory disease.....	-	-	-
22	Influenza.....	1	-	1
23	Pneumonia.....	1	-	1
24	Bronchitis.....	8	1	9
25	Other diseases of respiratory system.....	-	-	-
26	Ulcer of stomach and duodenum.....	-	-	-
27	Gastritis, enteritis and diarrhoea.....	-	-	-
28	Nephritis and nephrosis.....	2	-	2
29	Hyperplasia of prostate.....	1	-	1
30	Pregnancy, childbirth, abortion.....	-	-	-
31	Congenital malformations.....	1	-	1
32	Other defined and ill-defined diseases....	1	3	4
33	Motor vehicle accidents.....	1	-	1
34	All other accidents.....	1	-	1
35	Suicide.....	-	-	-
36	Homicide and operations of war.....	-	-	-

Total = 48 43 91

GENERAL PROVISION OF HEALTH SERVICES IN THE AREA.

These provisions are essentially the same as in the year 1954. They are briefly as follows:-

- (a) No ante-natal or post-natal clinic is held in the district by the local health authority. Expectant and nursing mothers receive medical advice from their own medical attendants.
- (b) An infant welfare clinic attended by a medical officer of the local health authority is held at Tregaron once a fortnight.
- (c) The domiciliary midwifery service is carried out by the district nurse who is also a State Certified Midwife.
- (d) A health visitor is resident at Pont Llanio and her area covers the greater part of the Rural District.
- (e) Home nursing is in the hands of the district nurse.
- (f) Vaccination is carried out by the person's own medical attendant but immunisation against diphtheria is performed partly by the former and partly by medical officers of the local health authority.
- (g) No ambulance is, at present, stationed at Tregaron. The district is covered by the Aberystwyth and Lampeter stations of the Ambulance Service.
- (h) Arrangements for the prevention of illness consist in periodic talks and advice given by medical officers and the health visitor of the local health authority. Care and after-care are in the hands of the district nurse and of the health visitor. Tuberculosis cases are also followed up by the Chest Physician's health visitor.
- (i) Domestic help is provided by suitable persons engaged locally.
- (j) The town of Aberystwyth, 18 miles distant from the town of Tregaron is the centre upon which the principal general hospital in the county, the infectious diseases' hospital, the maternity home and the Medical Research Council's Area Public Health Laboratory are based.

[illegible]

TUBERCULOSIS

The following table shows the sex and age distribution of the three new cases.

AGE GROUP	RESPIRATORY		NON - RESPIRATORY	
	Male	Female	Male	Female
0 - 4	-	-	-	-
5 - 9	-	-	-	-
10 - 14	1	-	-	-
15 - 19	1	1	-	-
20 - 24	-	-	-	-
25 - 29	-	-	-	-
30 - 34	-	-	-	-
35 - 39	-	-	-	-
40 - 44	-	-	-	-
45 - 49	-	-	-	-
50 - 54	-	-	-	-
55 - 59	-	-	-	-
60 and over	-	-	-	-
Totals:-	2	1	-	-

SECTION 47 OF THE NATIONAL ASSISTANCE ACT, 1948.

No action was required to be taken under this section during the year.

The Sanitary Inspector's report is appended as a separate item.

I. MORGAN WATKIN

MEDICAL OFFICER OF HEALTH.

Swyddfa'r Sir,
ABERYSTWYTH.

June, 1956.

ANNUAL REPORT OF THE SANITARY INSPECTOR AND SURVEYOR.

PREFACE

The twelve months ended 31st December, 1955, showed that steady progress was made in many of the Council's activities, and I am pleased to submit my report for this period.

Although more than ten years have elapsed since the end of the war, housing still forms an important part of the Council's work, firstly in building an adequate number of council houses, then in trying to maintain and/or improve the existing standards of private houses and finally in preventing unfit houses being used for human habitation. There are many unfit houses in the area and steps were taken during the year to close twelve unfit houses. Sixteen new houses were completed and nine improvement grants were approved by the Council. I am of the opinion that the giving of improvement grants in suitable cases can make a valuable contribution to the general raising of housing standards.

The only water supply scheme completed during 1955 was at the hamlet of Rhydgaled, but work commenced at Ysbyty Ystwyth and Llundainfach, and work proceeding somewhat more satisfactorily at Glanbrenig, which schemes should be completed early in 1956. Assurances were received that work would commence at Llanddewi Brefi early in 1956. The improvement in weather conditions enabled gauging and sampling to take place at Swyddffynnon and it is hoped that a water supply scheme for the village will soon be drawn up.

An item in the Tregaron Rural District which deserves serious consideration in the near future is that of providing a proper sewerage system to the villages and hamlets. Not one village or hamlet within the area has a proper sewerage system and means of disposal. It is appreciated that the cost of providing this service is very high, but it is an essential service; surely a start could be made by providing proper sewers and a small disposal works to serve some of the smaller villages or hamlets already supplied with water?

The following report gives an account of the principal matters dealt with during 1955.

RECORD OF NOTICES SERVED

Number of Verbal Notices	18
Number of Informal (Preliminary) Notices	1
Number of Statutory Notices...	-

RESULTS OF SERVICE OF NOTICES:

Number of Verbal Notices complied with	16
Number of Informal Notices complied with	1

HOUSING.

Tabular Statement on Housing Statistics required by Article 31 of the Housing Consolidated Regulations, 1925:-

(1)	Number of Houses found unfit after inspection	12
(2)	Number of Houses in which defects were remedied by Informal Action...	11
(3)	Number of Representations to Local Authority.....	12
(4)	Number of Notices requiring Execution of Works.....	-
(5)	Number of Houses rendered fit after Formal Notice.....	-
(6)	Number of Demolition or Closing Orders made.....	-
(7)	Number of Undertakings accepted.....	7
(8)	Number of Houses Demolished.....	-

ACTION UNDER THE HOUSING ACTS:-

(a) Representations of Unfit Houses: Twelve representations were made under the Housing Act, 1936, in respect of houses unfit for human habitation. The houses in question were: Efailfach, Penuwch; Troedrhiw, Ysbyty Ystwyth; Hafdre, Tregaron; Tanfordd, Tregaron; Old Tygwyn, Tregaron; Somerton House, Pontrhydfendigaid; 1 and 2 Pengraig Cottages, Tregaron; 1 and 2 Gwarewm, Pontrhydygroes; Bryn Farm, Bronant, and Pantybeudy, Llangeitho.

(b) Acceptance from owners of undertakings not to let Unfit Houses:- Seven undertakings not to let an unfit house were accepted from the owners of the following houses: Ynysfach, Bontnewydd; Efailfach, Penuwch; Troedrhiw, Ysbyty Ystwyth; Hafdre, Tregaron; Tanffordd, Tregaron; Old Tygwyn, Tregaron; and Somerton House, Pontrhydfendigaid.

ACTION UNDER PUBLIC HEALTH ACTS: In addition to dealing with unfit properties many items of disrepair were dealt with by verbal intimation to the owners of the respective properties.

HOUSING SURVEY: Section 1 of the Housing Repairs and Rents Act, 1954, required local authorities to submit to the Minister proposals for dealing with unfit houses in their respective districts. The Council appointed a full-time enumerator to carry out a survey of all the houses in the area. Though the survey has not been completed, an estimate of the number of unfit houses was obtained, and the following proposals were submitted to the Minister:-

Estimated Number of Unfit Houses.....	300 houses
Period of Years to deal with above.....	20 years
Number of Houses to be dealt with in next 5 years.....	50 houses

HOUSING ACT, 1949 - Improvement Grants for Modernising Houses:-

Nine formal applications were received and granted for modernising substandard properties. The amounts of grant and the total cost of the work in each case are as shown on the next page.

Premises	Amount of Improvement Grant	Cost of Work
1. Maesnewydd, Pontrhydfendigaid.	£400	£963
2. Meiarth, Bwlchllan.	£400	£1,047
3. Arosfa, Olmarch.	£287. 10. 0.	£646
4. Dolteify, Pontrhydfendigaid.	£134	£342
5. Post Office, Pontrhydygroes.	£350	£731
6. 12, Terrace Road, Pontrhydfendigaid.	£380	£1,083
7. Gwelfro, Llangeitho.	£192	£429
8. No. 2, Mount Pleasant, Pontrhydygroes.	£362	£785
9. Rossendale, Pontrhydfendigaid.	£400	£1,150
TOTAL:	£2,905. 10. 0.	£7,176
Average Grant per House	£322 (approx.)	

It will be seen that improvements totalling £7,176 are being carried out to the nine houses, and as the Council pay only one quarter of the grant the Council's contribution is approximately £726 or an average of about £80 per house spread over a period of 20 years.

INFECTIOUS DISEASE AND DISINFECTION.

Visits were paid to a number of houses following notifications that persons suffering from infectious disease had been admitted to hospital etc., and in appropriate cases steps were taken to disinfect the premises, clothing etc.

DISINFESTATION

A small number of houses were disinfested at the request of owners or occupiers. In no case was there evidence of serious infestation, the requests normally being made after houses had become vacant from various causes.

MEAT AND OTHER FOODS INSPECTION.

General: Numerous visits were paid to food shops within the area and inspections were also made of food vehicles. Details of complaints regarding milk, condemnations of food and meat inspection etc. are given below.

Ice Cream: There are no premises within the Tregaron Rural District where ice-cream is manufactured, but ten premises are registered under Section 14 of the Food and Drugs Act, 1938, for the storage and sale of ice-cream.

Milk: There are only two distributors of milk, as defined, within the area, though a number of produce retailers also retail milk within the district. Two samples of milk were taken and were found to be satisfactory.

Complaint of Taint on Milk:- A complaint was received that there was a peculiar taste on milk delivered to the Tregaron Hospital. I personally failed to detect any abnormal taste. When I interviewed the dairyman, he stated that the milk was supplied directly from a farm. A sample was taken at the Hospital kitchen and submitted for analysis and was reported to satisfy the Methylene Blue Reduction Test, (cleanliness and keeping quality). It was subsequently stated that there is an improvement in the milk supplied.

Extraneous matter in Milk Bottle: A complaint was received that a milk bottle contained extraneous matter which, on examination, appeared to be stiff hairs from a brush. Upon visiting the dairy it was found that the brush used for cleaning the bottles was worn and had been replaced shortly before the time of inspection.

Unsound Food: The following foodstuffs were found on inspection to be unfit for human consumption and were voluntarily surrendered for disposal:-

From Shops:-

Canned Ham.....	27 lbs.
Sausages.....	29 lbs.
Sausage Rolls.....	12 lbs.
Meat.....	3 lbs.
	<u>71 lbs.</u>

From Slaughterhouses:-

Sheep's Liver.....	70 lbs.
Bovine Liver.....	39 lbs.
Sheep's Carcases (3).....	110 lbs.
(Casualties)	
	<u>219 lbs.</u>

Total of Unsound Food..... 2 cwt. 2 qrs. 10 lbs.

Meat Inspection:- Three private licensed slaughterhouses are now producing meat in the area, the meat being generally of excellent quality and there being a very low figure of condemnations. One hundred and twenty four visits were paid to slaughterhouses for meat inspection purposes, and a summary of the carcasses inspected and condemnations are as follows (see also unsound food for quantities):-

	Cattle Excluding Cows	Cows	Calves	Sheep and Lambs	Pigs	Horses
Number inspected	36	0	4	960	18	0
<u>all diseases except</u> <u>tuberculosis and</u> <u>cysticerci</u>						
Whole carcasses condemned	0	0	0	3	0	0
Carcasses of which some part or organ was condemned	8	0	0	46	0	0
Percentage of the number inspected affected with disease other than tuberculosis and cysticerci						
<u>Tuberculosis only</u>		N I L				
<u>Cysticercosis</u>		N I L				

Legal Proceedings: Legal proceedings were instituted against a local butcher for (a) slaughtering sheep without notifying the local authority; and using for preparing meat for sale for human consumption a room (b) in which refuse had accumulated and whose floor was not kept clean (c) which was not provided with a suitable wash basin, towels and water (d) whose walls, door and window were not kept clean.

The defendant pleaded guilty and the following fines, etc. recorded respectively: (a) £2 (b) and (c) discharged on payment of costs (d) £1.

RODENT CONTROL.

In the last annual report it was stated that virtually no attention was given to this work due to lack of outdoor staff. The situation has now improved following the appointment of Mr. Enoch Lloyd as Maintenance Workman and also as part-time Rodent Operator.

There was no serious infestation of rats or mice in the district but a number of premises found to be infested, either as a result of survey or complaints, were suitably treated. The refuse tips at Tyndomen and Ystrad Meurig were regularly baited to prevent serious infestation by rats.

REFUSE DISPOSAL

Refuse collection is carried out either weekly or fortnightly in the larger villages and hamlets. The collection is undertaken by a contractor, and the refuse disposed of by controlled tipping at two refuse tips, one at Tyndomen, Tregaron, and the other at Ystrad Meurig.

FACTORIES ACT, 1937.

There were 22 factories as defined in the Act within the Rural District, all of which, with the exception of the Milk Marketing Board's premises at Pont Llanio, were very small concerns employing only one or two people. Twenty-one of these factories were "factories with power" and one was a "factory without power".

WATER SUPPLIES

All the larger villages and some hamlets in the Rural District are provided with a piped water supply. The following places are provided with a supply from Council mains: Llanddewi Brefi, Tregaron, Llangoiho, Llwynygroes, Pontrhydfendigaid, Ffair Rhos, Ysbyty Ystwyth, Pontrhydygroes, Rhydgaled, Tyngraig, and Ystrad Meurig.

- Tregaron: Further work took place on the new pumping station at Glanbrenig, Tregaron, and the work will probably be completed early in 1956.
- Llanddewi Brefi: Ministry approval was received for the proposed scheme to augment the supply and improve the pressure at Llanddewi Brefi, and work will commence on the scheme early in 1956.
- Ysbyty Ystwyth: The scheme for supplying water to this village was commenced during the year.
- Swyddffynnon: Gaugings and samples of the water from springs on the land at Tynddraenen Farm were quite satisfactory and the Council's Consulting Engineers have been asked to draw up a suitable scheme to supply water to the village.
- Lledrod: Though the gaugings and samples of the springs at Tynrhelig were satisfactory the Council's Consulting Engineers advised the Council against the scheme due to the unsatisfactory position of the springs.

It was later hoped that a suitable source would be found on Lledrod Common, but gaugings showed the yield to be insufficient.

Bwlchllan: Gaugings of the springs at Bryngalem, Bwlchllan, indicated that the yield would be insufficient.

Penuwch: Gaugings of the springs at Garnwen, Penuwch, indicated that the yield would be insufficient.

Private Water Supplies: The Cardiganshire Agricultural Executive Committee submitted the results of analyses of water from farms and the Council agreed to the use of water supplies for domestic purposes at seven farms.

BUILDING.

Council Houses: During the year 16 houses were completed and occupied - 10 at Tregaron and 6 at Llangeitho. Thus at the end of the year, the Council owned 94 houses.

Although another 8 houses were planned to be erected in Llanddewi Brefi, and there is still a demand for houses in Tregaron, no further building has taken place, largely due to the increase in the rate of interest on loans.

Maintenance of Council Properties: The appointment in June of Mr. Enoch Lloyd as Maintenance Workman, has greatly assisted in ensuring that urgent repairs are carried out as soon as possible. It is also apparent that the cost of carrying out repairs is considerably reduced due to (a) repairs being given immediate attention and reducing the risk of further damage (b) cutting out high charges previously raised by contractors (c) improvisation and repair of fittings etc. previously discarded.

Numerous items of disrepair were dealt with in 21 council houses, and in no case was there any evidence of neglect by tenants.

Many instances of frozen or burst pipes were reported and dealt with. This complaint arises largely because of the incomprehensible practice of fitting cold water storage tanks and pipes in the roof spaces, and the council should consider an alternative method of installation.

Private Dwellings: Four private houses were completed during the year, and two houses and four bungalows were in the course of erection.

Building Byelaws: Many inspections were carried out to determine whether or not the requirements of the Building Byelaws were being observed. In several instances items of non-compliance were pointed out to the builders concerned and later remedied.

Plans Approved: Thirty plans for new buildings or alterations to existing buildings were considered and approved. These are summarized as follows:-

New Houses (i.e. Bungalows).....	6
Alterations etc. to Houses.....	20
Garages.....	2
Miscellaneous.....	2
Total Number of Plans Approved.....	<u>30</u>

B. W. JAMES, A.R.San.I., M.S.I.A.,
Sanitary Inspector and Surveyor.

APPENDIX

Factories Acts 1937 and 1948

Parts I and VIII of the Factories Act, 1937.

Part I. (Inspections).

Premises (1)	M/c Line No. (2)	Number on Register (3)	Number of Inspections (4)	Number of Written Notices (5)	Number of Occupiers Prosecuted (6)	M/c Line No. (7)
(i) Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities	1	1	Nil	Nil	Nil	1
(ii) Factories not included in (i) in which Section 7 is enforced by the Local Authority	2	21	9	Nil	Nil	2
(iii) Other Premises in which Section 7 is enforced by the Local Authority (excluding out-workers' premises)	3	Nil	Nil	Nil	Nil	3
T O T A L		22	9	Nil	Nil	

2. CASES IN WHICH DEFECTS WERE FOUND - Nil.

Part VIII of the Act (Outwork).

There are no outworkers within the Rural District.

